

# ANXO

## MENTAL HEALTH AWARENESS MONTH

*\*May Happy Hour Special\**

*Monday-Friday 5-630pm downstairs bar only*

*Buy one, get one! Enjoy a mocktail and get a second to send to a new friend at the bar. Let's all put our phones down for a few minutes and remember what it's like to connect with other humans!*

### **MOCKTAILS**

#### **LUST FOR LIFE**

*Jack Rudy Grenadine, lemon juice,  
aromatic bitters*

**\$5**

#### **CRIMSON REMEDY**

*Stirrings Blood Orange Bitters, Jack Rudy Tonic*

**\$5**

#### **ELECTRIC WARRIOR**

*18.21 Tiki Thai Syrup, orange juice*

**\$5**

#### **SHINE ON**

*18.21 Hibiscus Syrup, Jack Rudy Grenadine, soda*

**\$5**

*\$1 from each mocktail sold during May will be donated to Restaurant Recovery. Restaurant Recovery provides safe and confidential spaces for conversations about recovery, and support without judgment, for restaurant industry individuals and their community. The aim is to heal restaurant and bar culture, not by sanitizing or vilifying, but by encouraging resilience, community, and hope.*



# ANXO

## MENTAL HEALTH AWARENESS MONTH

Approximately one in five people in the US experience mental health issues each year.

Nearly 50% of those who experience a mental illness during their lives will also experience a substance abuse disorder and vice versa.

Individuals dealing with a substance abuse disorder are six times more likely to attempt suicide, and 90% of people who commit suicide are depressed, have a substance abuse disorder, or both.

Hospitality and food service jobs have the highest rates of substance abuse disorders of any profession.

It's all connected. Let's not be silent. Let's not be complacent. Let's talk about it and support each other to be part of solutions.

## MENTAL HEALTH RESOURCES IN DC

### **24/7 Phone Lines and Chats:**

*The Access Helpline 1-888-4357*

*OK2Talk [ok2talk.org](http://ok2talk.org)*

*The National Suicide Prevention Lifeline*

**1-800-273-TALK (8255)**

### **How to Navigate Behavioral Health Coverage and Services in DC:**

*DC Department of Behavioral Health*

*Ombudsman Program **202-741-5884***

### **Assessment and Treatment for Inpatient or Outpatient Mental Health Needs:**

*Mary's Center **202-420-7122***

*Community Connections **202-546-1512***

*La Clinica Del Pueblo **202-462-4788***

*\*Washington Hospital Center:*

*Behavioral Health Services **202-877-6402***

*\*Riverside Treatment Center **202-889-3182***

*Whitman Walker **202-745-7000***

*N St Village **202-939-2076***

*\*Restaurant Recovery [restaurantrecovery.org](http://restaurantrecovery.org)*

**202-556-0775**

*\*Also focuses on substance abuse*

